

**"11th NINTAI CUP"**  
**"SPANISH CHAMPIONSHIP KYOKUSHIN-KAN 2025"**

**Organised by : Nintai Dojo.**

**Cooperate: Kyokushin-Kan Spain, Ajuntament of Sant Feliu de Llobregat and Fujimae.**

**DAY:** Friday 12th and Saturday 13th of December 2025.

**PLACE:** Palau Municipal d'Esports Juan Carlos Navarro.

**ADDRESS:** Rambla Marquesa Castellbell s/n, Sant Feliu de Llobregat, Barcelona.

**SCHEDULE OF FRIDAY:**

- 17.00 h. Arrival of Kata competitors and the public (free tickets).
- 17.30 h. Meeting of referees and coaches of the participating Dojos.
- 17.45 h. Official parade and presentation of the championship.
- 18.00 h. Start of Kata competition.

**SCHEDULE OF SATURDAY:**

- 08.30 h. Arrival of Kumite competitors and the public (free tickets).
- 08.45 h. Meeting of referees.
- 09.00 h. Start of Kumite participation in non-competitive category.
- 10.15 h. Meeting of referees and coaches of the participating Dojos.
- 10.30 h. Start of Kumite competition from 8 to 13 años.
- 14.00 h. Lunch break.
- 15.30 h. Arrival of Kumite competitors and the public (free tickets).
- 15.45 h. Meeting of referees and coaches of the participating Dojos.
- 16.00h. Start of Kumite competition 14-15, 16-17, Under 21, Senior and Máster.

**WEIGHING:**

- Competitors from non-competitive categories do not have to weigh themselves.
- Competitors up to 13 years old (included) will be weighed at the beginning of their category, and those who do not give the corresponding weight will be eliminated.
- Friday from 17.00 h. to 20.30 h. weighing for competitors 14 years and older. .
- Saturday from 09.00 h. to 14.00 h. weighing for competitors 14 years and older.

## **PARKING:**

Next to the pavilion there is a large and free car park where we can park our vehicles (Rambla Marquessa Castellbell, 35, 08980 Sant Feliu de Llobregat, Barcelona).

## **ACCOMMODATION:**

Hotel HLG CityPark Sant Just (located near the Sports Centre).

How to make a reservation:

- 1- Go to [www.hotelsantjust.com](http://www.hotelsantjust.com)
- 2- Enter the dates and room types on the calendar.
- 3- Apply the personalized promotional code NINTAI (in capital letters).
- 4- Proceed to search by type.

This is a self-management reservation system.

Each participant will be able to choose the type of room, dates and accommodation plan (with or without breakfast) and payment method.

This code is valid throughout the month of December 2025, in case there is a participant who stays before or after December 12/13.

With this system, a maximum of 3 rooms can be booked at a time... in the case of big groups, they must be booked 3 rooms at a time.

## **INSCRIPTIONS:**

- The fee is 25€ for participating in 1 modality, 40€ for participating in 2 modalities, 50€ for participating in 3 modalities and 60€ for participating in 4 modalities.
- Deadline for registrations is 14th of November.
- Registrations must be sent in the official format, along with signed authorizations, to the address [kyokushindojonintai@hotmail.com](mailto:kyokushindojonintai@hotmail.com), registrations will not be accepted outside the deadline.
- The payment of the inscriptions will be made at the time of registration by bank transfer to the following account number: ES3700810051690001519353 (IBAN), BSABESBB (SWIFT/BIC), Indicating the name of the club making the deposit. Benefited account: "Dojo Nintai".
- The competitor will not be considered as registered until the payment of the registration fee has been made.
- In Kumite Technology you can check the list of registered participants and follow the elimination rounds.
- Registration fees will not be refunded after the registration deadline.
- The referees interested in participating in the championship must be previously registered together with the competitors' registrations.
- The championship will be governed by the Kyokushin-Kan regulations.

## **RULES OF THE KATA AND KATA BO CHAMPIONSHIP:**

- The competition area will consist of 6 tatamis and a warm-up area.
- The competitor will wear white Karate-gi.
- The tatami will be composed of 5 judges.
- The system will be based on points. The first round will be a mandatory Kata, and the final round will be a Free Kata for the top five finishers from the first round.
- It is not possible to repeat the kata performed.
- The first 3 classified will receive a trophy.
- In the team category, all team members will receive a trophy if they are among the top 3 finishers.
- The categories will be differentiated by level, age and gender.
- In the team Kata category they will be mixed and the teams can be of 3 or 4 participants.
- Celebrating victory or disagreement on the tatami will result in disqualification.
- Any competitor who does not perform the salute (Rei) correctly will be punished.

## **INDIVIDUAL AND TEAM KATA LIST:**

- **6-7 years old mix: 1st Round (Taikyoku sono Ichi), 2nd Round (Free kata).**
- **8-9 years old Untill 7º kyu: 1st Round (Taikyoku sono Ichi), 2nd Round (Free kata).**
- **8-9 years old From 6º kyu: 1st Round (Taikyoku sono San), 2ª Ronda (Free kata).**
- **10-11 years old Untill 6º Kyu: 1st Round (Taikyoku sono San), 2nd Round (Free kata).**
- **10-11 years old From 5º kyu: 1st Round (Pinan sono Ichi), 2nd Round (Free kata).**
- **12-13 years old Untill 5º Kyu: 1st Round (Pinan sono Ichi), 2nd Round (Free kata).**
- **12-13 years old From 4º kyu: 1st Round (Pinan sono San), 2nd Ronda (Free kata).**
- **14-15, 16-17, 18+ years old Untill 5º kyu: 1st Round (Pinan sono San), 2nd Round (Free kata).**
- **14-15, 16-17, 18+ years old From 4º kyu: 1st Round (Gekisai-Sho), 2nd Round (Free kata).**
- **35+, 45+, 55+ years old Untill 5º Kyu: 1st Round (Pinan sono San), 2nd Round (Free kata).**
- **35+,45+,55+ years old From 4º Kyu: 1st Round (Pinan sono Go), 2nd Round (Free kata).**

**Katas allowed in the final round:** Pinan Sono Ichi, Ni, San, Yon y Go, Gekisai-Dai, Gekisai-Sho, Tsuki no Kata, Yantsu, Saiha, Seienchin, Garyu, Seipai, Kanku y Sushi-ho.

## **KATA BO LIST:**

**Kata Bo 16+ years old Mixed:**     **-1st Round Kata Bo:** Oshiro No Kon  
   **-Final Round Kata Bo:** Sushi No Kon or Ryubi no Kon.

## **RULES OF THE KUMITE NOT COMPETITIVE:**

- The competition area will consist of 6 tatamis and a warm-up area.
- Competitors will be grouped from 3 people, differentiated by age and approximate weight.
- Everyone will have 2 no-decision matches.
- Competitors must go to the corresponding tatami and that will match the color of the previously delivered bracelets. respecting the established schedules.
- The figure of the "Coach" will not exist.
- Everyone will receive a Championship trophy at the end of their performance.
- The competitor will wear white Karate-gi with the corresponding Kyokushin Kanji.
- The competitors will be returned to the “**Pick up area**” and there the collaborators of each club can deliver them to their families.
- Competitors must have Control in all their techniques and the referee will ensure the correct development of the fight and that there is fluidity in the techniques.
- The contact will be “soft” Not being so, he will be expelled from the tournament.

## **RULES OF THE KUMITE COMPETITION**

- All participants must go through the "Weighing Control" and must present their identity document or Passport. Those registered who do not meet these requirements will not be able to participate in the championship and the registration fee will not be refunded.
- The competition area will consist of 6 tatamis and a warm-up area.
- The competition system will be by elimination differentiated by gender, age and weight.
- It is the responsibility of each coach to know when his competitor has to intervene.
- If the competitor is not on his tatami ready with all his protections at the moment of his participation, one minute will be allowed for his incorporation, otherwise he will be eliminated from the competition.
- The competitor will wear white Karate-gi.
- Only the competitors who are to participate in that moment and their coach will be allowed to stay in the competition area.
- There will be only one coach per competitor and his performance must be exemplary, otherwise he will be expelled from the competition area.
- The tatami will be composed of 5 referees.
- Celebrating victory or disagreement on the tatami will result in disqualification.
- Any competitor who does not perform the salute (Rei) correctly will be punished.

## **PERMITTED TECHNIQUES:**

### **8-9 to 12-13 years old Categories:**

- Gedan leg techniques: Maximum control and it is only permitted to strike with the protected areas (shin and instep)..
- Chudan leg techniques: with full contact.
- Arm techniques: with full contact. Always within the striking zone of the chest protector.
- Jodan leg techniques: contact with maximum control (Waza-ari).

### **14-15, 16-17 years old, 18+ (Beginners) and Máster 35+/45+ Categories:**

- Gedan and Chudan leg techniques with full contact.
- Arm techniques with full contact.
- Jodan leg techniques: contact with maximum control (Waza-ari).

### **Under-21 and Senior 18+ Categories:**

- Full contact techniques at all heights.

### **PROHIBITED TECHNIQUES:**

#### **8-9 to 12-13 years old categories:**

- Jodan leg techniques direct to the face (kakato, Mae, Iza, etc...).
- Direct or circular techniques to any joint.
- Strikes to the genitals and to the spine.
- The blows with the hand or elbow to the face and and unprotected areas.
- Circular leg techniques "Jodan" without control.
- Pushing or grabbing.
- Striking the opponent when he is on the ground.
- Striking with unprotected areas of the body.

#### **14-15, 16-17 years old, 18+ (Beginners) and Máster 35+/45+ Categories:**

- Jodan leg techniques direct to the face (kakato, Mae, Iza, etc...).
- Direct or circular techniques to any joint.
- Strikes to the genitals and to the spine.
- The blows with the hand or elbow to the face.
- Circular leg techniques "Jodan" without control.
- Pushing or grabbing.
- Striking the opponent when he is on the ground.

### **Under-21 and Senior 18+ Categories:**

- Direct or circular techniques to any joint.
- Strikes to the genitals.
- The blows with the hand or elbow to the face.
- The somersault (frontflip, front roll-kick where you fall with your body to the ground) technique in all its forms (Kaiten Geri).
- Strikes to the spine.
- Pushing or grabbing.
- Striking the opponent when he is on the ground.

## **KUMITE DURATION:**

### **Not competitive Category:**

- 1 minute at running time.

### **8-9 to 12-13 years old categories:**

- 1 minute and a half at running time. In the case of Ikiwake, 1 minute Encho-sen.

### **14-15 to 16-17 years old, 18+ (Beginners) and Máster 35+/45+ Categories:**

- 2 minutes in running time, in case of Ikiwake, 1 minute extension, in case of a tie they will go to Weight and if there is no difference in weight (3 kg.), they will perform 1 minute of Encho-sen.

### **Under-21 and Senior Absolute 18+ Categories:**

- 2 minutes at running time, in case of Ikiwake, 2 minutes extension, in case of a tie they will go to Weight and if there is no difference in weight (3 kg.), they will perform Encho-sen of 2 minutes. Semifinals and Finals first bout is 3 minutes Extension and Encho-sen will continue to be of 2 minutes.

## **KUMITE CATEGORIES:**

- 8-9 years old beginners and experts Male: -30, -40, -40, +40
- 8-9 years old beginners and experts Female: -30, -40, +40
- 10-11 years old beginners and experts Male: -35, -40, -45, +45
- 10-11 years old beginners and experts Female: -35, -45, +45
- 12-13 years old beginners and experts Male: -40, -50, -60, +60
- 12-13 years old beginners and experts Female: -45, -55, +55
- 14-15 years old beginners and experts Male: -50, -60, -70, +70
- 14-15 years old beginners and experts Female: -50, -60, +60
  
- 16-17 years old beginners and experts Male: -55, -65, -75, +75
- 16-17 years old beginners and experts Female: -55, -65, +65
- -21 years old experts Male: -65, -75, -85, +85
- -21 years old experts Female: -55, -65, +65
- 18+ beginners and experts Male: -70, -80, -90, +90
- 18+ beginners and experts Female: -55, -65, +65
- Máster 35+ and 45+ beginners and experts Male: -70, -80, -90, +90
- Máster 35+ beginners and experts Female: -55, -65, +65

## PROTECTIONS:

	<u>HELMET</u>	<u>GLOVES</u>	<u>SHINGUARDS</u>	<u>CHESTGUARDS</u>	<u>CROTCH PROTECTIONS (MALE)</u>	<u>BREAST PROTECTIONS (FEMALE)</u>
4 to 7	mandatory	mandatory	mandatory	X	X	X
8 to 15	mandatory	mandatory	mandatory	mandatory	mandatory	optional
16 to 17	mandatory	mandatory	mandatory	X	mandatory	mandatory
+18 Beginners	mandatory	mandatory	mandatory	X	mandatory	mandatory
Under 21	mandatory	X	X	X	mandatory	x
Under 21 female	mandatory	x	mandatory	x	x	mandatory
Senior 18+	optional	X	X	X	mandatory	x
Senior 18+ female	optional	x	mandatory	x	x	mandatory
Máster male	optional	mandatory	mandatory	X	mandatory	x
Máster female	optional	mandatory	mandatory	X	x	mandatory



**\*It is the responsibility of each competitor to wear their protective gear at the start of their bout.**

**For any questions or doubts, please write to [kyokushindojointai@hotmail.com](mailto:kyokushindojointai@hotmail.com) or call +34 630.224.809**

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